

November 2020



Island County Parent to Parent Newsletter

We will continue to follow the Governor's directive on phased openings of our communities.
Stay Healthy, Stay Connected

What is DDA?

(Developmental Disabilities Administration)

Thursday, November 5th

6:00pm-7:00pm via Zoom

Presented by Callie Richards, DDA Outstation Manager, Oak Harbor

What can DDA provide for my child?

What are the eligibility requirements?

What are the different options offered through DDA?

Great opportunity to ask questions and find out more about this program!

To RSVP contact Tiffany Wheeler-Thompson t.wheeler-thompson@islandcountywa.gov
or call/text (360)632-7539. You will be sent the Zoom link with RSVP.

High School Transition Toolkit

TRANSITION CHECKLIST



Consider the following checklist of skills, activities, and services when creating your child's high school transition plan for his/her IEP.

Independent Living

Identify skills and abilities that will help your son or daughter be as independent as possible:

- ☐ Money management/budgeting
- ☐ Opening a line of credit (to establish credit history)
- ☐ Bill paying
- ☐ Decision-making
- ☐ Self-advocacy
- ☐ Sex education
- ☐ Registering to vote
- ☐ Communication
- ☐ Transportation training
- ☐ Daily living skills (e.g., cooking, shopping)

Financial and Legal

- ☐ Apply for Supplemental Security Income (SSI).
- ☐ Arrange for a Representative Payee for SSI benefits (if money management is a concern).
- ☐ Seek benefits planning (including Social Security Work Incentives, such as PASS and IRWE).
- ☐ Establish a special needs trust.
- ☐ Seek guardianship (if less restrictive decision-making alternatives are not appropriate).

Social/Recreational

- ☐ Build friendships outside the family.
- ☐ Create a circle of support (family, friends, neighbors).
- ☐ Identify and connect with groups that share similar interests, such as:
 - Athletic
 - Faith-Based
 - Creative
 - Technological
 - Humanitarian
 - Environmental
 - Civic/Leadership

Employment/Post-Secondary Education

- ☐ Identify potential jobs/careers.
- ☐ Identify personal contacts useful in finding jobs.
- ☐ Research college programs.
- ☐ Gain work experience.
- ☐ Practice job skills.
- ☐ Obtain Assistive Technology and Training.
- ☐ Apply for employment services from DVR (last year of school) and DDA (age 21).

Adult employment services are provided through the Division of Vocational Rehabilitation (DVR) and the Developmental Disabilities Administration (DDA). Learn more: informingfamilies.org/employment.

Health & Safety

Identify needed skills and/or resources to be healthy and safe:

- ☐ Emergency recognition and response
- ☐ Personal care/hygiene
- ☐ Counseling
- ☐ Healthy relationships
- ☐ Physical/Occupational therapy
- ☐ Adult medical care provider

TIP for IEPs

Talk to the IEP Team about ways to include supports and instruction needed to reach goals that meet the student's needs.

Housing and In-Home Supports

- ☐ Apply for DDA services/supports (e.g., Personal Care, Supported Living, Companion Home, Adult Family Home).
- ☐ Apply for HUD federal housing assistance. (Contact your local Housing Authority to find out how long the waiting list is.)
- ☐ Research home ownership programs for adults with I/DD: washingtonaccessfund.org/resources/homeownership.php

To order copies of this Transition Toolkit for your school, agency or organization, visit: informingfamilies.org/transition-toolkit.

High School Transition Toolkit

TRANSITION PLANNING 101

Transition is a term educators use to talk about preparing for life after high school, and it spans several years.

Officially, transition planning can begin at age 14, but families and schools should be planning and planting the seed/thoughts/expectations even earlier than that.

By the time your child turns 16, his/her Individualized Education Program (IEP) is focused on transition services.

The transition plan charts a course for graduation and life after high school, with measurable goals related to post-secondary education, employment, independent living, housing, and community participation.



The transition plan is created by the IEP team, with your son/daughter's participation. It identifies the skills, services and supports necessary to reach the student's goals.

It's a lot to consider, but you are not alone. Organizations such as PAVE (wapave.org) and Parent to Parent (arwca.org/getsupport) can help guide your way.

For a list of other high school transition resources and publications, visit: informingfamilies.org.

GOAL SETTING

A transition plan drives the IEP and maps a successful transition to life as an adult. Ask yourself what instruction, support & services are needed to achieve goals related to:



- Employment and/or Post Secondary Education
- Independent Living (e.g., money management, decision-making, shopping, cooking, using the bus)
- Housing/In-Home Support
- Social/Recreational
- Financial/Legal
- Health & Safety



HIGH SCHOOL TRANSITION TIMELINE



Include the Division of Vocational Rehabilitation (DVR) Transition Counselor as part of the IEP team at age 14.

Age 14

- Transition planning.
- Include the student in planning.

Age 15-16

- Apply for a Washington State ID Card.

Age 16

- Begin transition services.
- Include self-advocacy & self-determination goals in the IEP.
- Determine graduation date.
- Learn what the school's 18-21 transition program(s) offer.

Age 18

- Register to vote.
- Open checking account.
- Apply for SSI benefits.
- Enroll in Medicaid.
- Consider decision-making alternatives to guardianship.

Age 18-19

- Enroll in High School Transition program until age 21, or continue on to postsecondary education.
- Assess transportation options.

Age 20-21

- Request long-term employment supports from DDA (if funding is available).
- Apply for short-term employment services from DVR (or, if available, your county DD program). Visit dshs.wa.gov/dvr to find your school's DVR Transition Counselor.

IMPORTANT: Apply for DDA Eligibility by Age 18

Applications for eligibility from the Developmental Disabilities Administration (DDA) can be made at any age, but it's a really good idea to apply by age 18. Programs such as Individual & Family Services (IFS) and Community First Choice (CFC) offer a variety of home and community services to increase health, safety, and independence. Learn more: informingfamilies.org/dda-services.



PARENT to PARENT

Island County Parent to Parent
Tiffany Wheeler-Thompson
(360)632-7539 call/text
t.wheeler-thompson@islandcountywa.gov
Just a reminder to add my new email address to your address book.

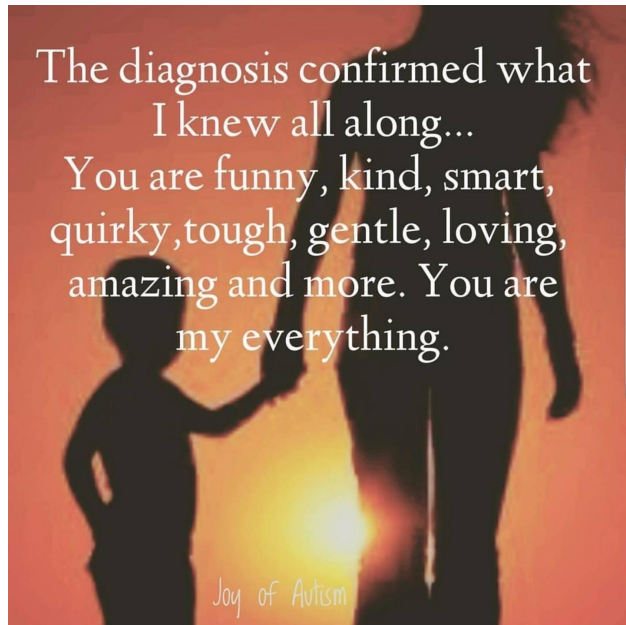
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Find us on Facebook



The diagnosis confirmed what
I knew all along...
You are funny, kind, smart,
quirky, tough, gentle, loving,
amazing and more. You are
my everything.



November Coffee and Conversations nighttime is on a different night due to Veteran's Day. Both versions available through Zoom. Email to receive Zoom link t.wheeler-thompson@islandcountywa.gov


Daytime November 4th 11:00am-Noon

Nighttime November 4th 6:30pm-7:30pm

Storm season is upon us. Plan Ahead, Be Prepared!

Island County has an emergency preparedness app as well as FEMA. Developmental Disabilities Administration and Seattle Children's Hospital have great checklists and guides on their website to prepare and plan for families with disabilities.

If you receive Basic Food Benefits through DSHS and you experience a prolonged power outage, broken fridge/freezer or natural disaster, you may qualify for food replacement benefit. <https://www.dshs.wa.gov/esa/benefit-issuances-and-use-benefits/replacement>



ISLAND COUNTY COMMUNITY PREPAREDNESS APP

Your Family Emergency Plan
Creating a personalized plan has never been easier

Emergency Services and Shelters
Find out about the nearest emergency shelters and special services in your area

Evacuation Maps and Routes
Get instant access to evacuation maps and know which routes are safe

Download on the App Store | GET IT ON Google Play

Find peace of mind

Download your free app today

Help keep your loved ones safe

Download Your Ready Island County Community Preparedness App

1. From your mobile device internet browser, go to: <http://readyidl.com/island-county>
2. Select "App Store" if you're using an iPhone or "Google Play" if you're using an Android smartphone
3. Click on
4. Launch the app

